HONEY NUT CREAM CHEESE DIP
(Source: American Honey Princess, Jenny Gross)

1 8-oz. package cream cheese
3 T. HONEY
3 T. brown sugar
2 tsp. vanilla
dash of cinnamon
¼ cup chopped walnuts or pecans
Graham crackers or pretzels

In a food processor or blender, blend together cream cheese, honey, brown sugar, vanilla, and cinnamon until smooth. Add in nuts and mix until well blended. Serve with graham crackers or pretzels.

Honey Tips & Tricks!
To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temp by 25 degrees to prevent over-browning; reduce any liquid by ¼ cup for each cup honey used; and add ½ teaspoon baking soda for each cup honey used.

All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. You may also microwave a microwave-safe container with the lid off, stirring every 30 seconds until the crystals dissolve. Be careful not to boil or scorch the honey.

There are over 300 unique varieties of honey in the United States, each originating from a different floral source.

Honey provides natural energy and is rich in nutritious carbs. It is ideal for your working muscles, since carbs are the primary fuel for your body’s energy!

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**PEANUT BUTTER HONEY GRANOLA BALLS**  
*(Source: honey.com)*

1/2 cup unsweetened natural peanut butter  
1/2 cup granola  
1 to 2 T. peanut butter powder (PB2 or similar)  
2 T. HONEY  
pinch salt  
1/2 cup cocoa for coating balls  
1/2 cup honey-roasted peanuts for coating balls

In a food processor, grind 1/2 cup granola until fine powder is formed. Place in a bowl; set aside. In the food processor, grind 1/2 cup honey roasted peanuts until fine like gravel; place in a different bowl and set aside. In a mixing bowl, add 1 1/2 cup peanut butter, 1 T. peanut butter powder, ground granola and 2 T. honey with a pinch of salt. Mix until incorporated. Hand roll balls of the peanut butter mixture with approximately 2 T. of mixture per ball. (NOTE: If too sticky to form balls, add up to 1 T. more PB powder to the mixture.) Roll ball into the ground peanut mixture or the cocoa powder to coat. Place balls on a parchment lined sheet tray and refrigerate for 30 minutes. Serve!

**Recipe Video**
Scan this code to watch how easy it is to make these delicious Peanut Butter Honey Granola Balls!

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**CITRUS FRUIT SALAD WITH HONEY MINT LIME SYRUP**  
*(Source: honey.com)*

1/4 cup HONEY  
1/4 cup fresh lime juice  
2 T. mint chopped  
2 navel oranges  
1 white grapefruit  
2 pink or red grapefruits

Cut and peel, removing white pith of oranges and grapefruits. Cut between membranes to release citrus segments and add all fruit to a large bowl. (Can prepare this a day ahead of time and refrigerate). In a medium bowl, whisk honey, lime juice and mint together. Pour honey mint syrup over prepared fruit and toss gently until all fruit is combined and coated. Let citrus salad stand for about 15 minutes to allow flavors to blend. Cover and refrigerate until chilled. Garnish with mint before serving.

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**HONEY BALSAMIC PULLED PORK TENDERLOIN**  
*(Source: American Honey Queen, Kayla Fusselman)*

2 lbs. pork tenderloin  
1/3 cup balsamic vinegar  
1/3 cup low sodium chicken broth  
1/3 cup HONEY  
2 T. low sodium soy sauce  
2 T. Worcestershire sauce  
3 cloves garlic, minced

Place pork tenderloin in slow cooker. Whisk together balsamic vinegar, broth, honey, soy sauce, Worcestershire sauce, and garlic. Pour over pork. Cook pork about 4 hours on low or until pork has internal temp of 145 degrees. Remove pork and allow to rest for 3 minutes. Then, use two forks to break apart and add back to the slow cooker until you are ready to enjoy.

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**HONEY CRANBERRY BARBECUE SAUCE**  
*(Source: National Honey Board)*

2 cups fresh or frozen cranberries  
1 1/2 cups HONEY  
1 1/2 cups ketchup  
1 cup red wine vinegar  
2 T. lemon juice  
2 T. Worcestershire sauce  
1/2 tsp. coarse ground black pepper

Combine all ingredients in a medium-large saucepan. Bring to a boil and simmer, covered, for about 20 minutes. Remove cover and simmer for 20 minutes more or until thickened (mixture will thicken slightly as it cools). To can, pour hot sauce into sterilized jars, leaving 1/2-inch head space. Wipe tops and threads of jars with a clean, damp cloth. Place lids on jars so that rubber sealing compound sits evenly on rim and screw rings on firmly. Place jars in a water bath canner or a large pot with a rack and cover. Bring to a boil and simmer, covered, for about 20 minutes. Remove cover and simmer, covered, for an additional 20 minutes. Remove jars from heat and let sit for 5 minutes. Wipe tops and threads of jars. Using a dishtowel, place jars on a rack and invert for 24 hours. After 24 hours, remove jars and store in a cool, dark place. (In lieu of canning, sauce may be stored, covered, in refrigerator up to 1 month).

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**HONEY BAKED BEANS**  
*(Source: honey.com)*

4 slices bacon, diced  
1/2 cup onion, chopped  
4 1/2 cups cooked navy beans (or three 15 oz. cans)  
1/2 cup HONEY  
1/2 cup ketchup  
1 T. prepared mustard  
1 T. Worcestershire sauce

Sauté bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart oven-safe baking dish. Cover with lid or aluminum foil and bake at 350 degrees for 30 minutes. Uncover and bake 45 minutes longer.

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**HONEY LEMONADE (OR LIMEADE)**  
*(Source: theprairiehomestead.com)*

1 cup freshly-squeezed lemon OR lime juice  
1/2 cup HONEY  
5 cups cold water  
Lemon or lime slices (optional)

Wash lemons or limes and juice them. Mix the lemon or lime juice and honey together in the pitcher until thoroughly combined. Add the cold water and briskly stir. Chill and serve over ice. Garnish with lemon or lime slices.

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**HONEY-ROASTED VEGETABLES**  
*(Source: marthastewart.com)*

2 medium sweet potatoes (1 pound total), peeled, halved, and cut into 1/2-inch pieces  
4 medium carrots, cut into 1/2-inch pieces  
2 medium parsnips, peeled, cut into 1/2-inch pieces  
1/2 cup walnut halves  
1/4 cup HONEY  
2 T. extra-virgin olive oil  
Coarse salt and ground pepper  
3 to 5 sprigs thyme

Preheat oven to 375 degrees. In a 3-quart baking dish, toss together sweet potatoes, carrots, parsnips, walnuts, honey, and oil; season with salt and pepper. Top with thyme sprigs and roast until vegetables are browned at edges and tender when pierced with a knife, about 1 hour.